

# School Health Promotion Morning Announcements

NOVEMBER: Take Five!



## Shock Your Parents

*[Start speaking here.]*

3 Statements to Shock Your Parents in the Grocery Store:

1. "Let's try eggplant this week!"
2. "I'm sick of making cookies. Let's get the ingredients for fruit salad instead."
3. "You know what I've heard is good? Mashed sweet potatoes."

It's fun to surprise your parents – in a GOOD way. The biggest surprise might be how much you like these tasty treats! Make it an adventure: Try a new fruit or vegetable every week.

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